Convection Oven-Broiler

USE AND CARE GUIDE
MODELS TCOV6R AND TCOV6RCAN

toastmaster®

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

- Read all instructions.
- Do not touch hot surfaces. Use handles or knobs.
- To protect against electrical shock, do not immerse cord, plugs, or appliance in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Contact Consumer Service for examination, repair or adjustment.
- The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- Do not use outdoors.
- Do not let cord hang over edge of table or counter, or touch hot surfaces.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot oil or other liquids.
- To disconnect, turn Timer to "off", then remove plug from wall outlet.
- Oversize foods or metal utensils must not be inserted in a oven/broiler as they may create a fire or risk of electrical shock.
- A fire may occur if the oven/broiler is covered or touching flammable material, including curtains, draperies, walls, and the like, when in operation. Do not store any item on top of the appliance when in operation.
- Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts involving a risk of electrical shock.
- Extreme caution should be exercised when using containers constructed of other than metal or glass.
- Do not store any materials, other than manufacturers recommended accessories, in this oven when not in use.

IMPORTANT SAFEGUARDS (cont.)

- Do not place any of the following materials in the oven: paper, cardboard, plastic, and the like.
- Do not cover crumb tray or any part of the oven with metal foil. This will cause overheating of the oven.
- Use extreme caution when removing tray or disposing of hot grease.

SAVE THESE INSTRUCTIONS

For Household Use Only

ADDITIONAL IMPORTANT SAFEGUARDS

CAUTION HOT SURFACES: This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires, or other injury to persons or damage to property.

- A person who has not read and understood all operating and safety instructions is not qualified to operate this appliance. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
- If this appliance falls or accidentally becomes immersed in water, unplug it from the wall immediately. Do not reach into the water!
- When using this appliance, provide adequate air space above and on all sides for air circulation. Do not operate this appliance while it is touching or near curtains, wall coverings, clothing, dishtowels or other flammable materials.
- To reduce the risk of fire, do not leave this appliance unattended during use.
- If this appliance begins to malfunction during use, immediately unplug the cord. Do not use or attempt to repair a malfunctioning appliance!
- The cord to this appliance should only be plugged into a 120V AC electrical wall outlet.
- Do not use this appliance in an unstable position.

ADDITIONAL IMPORTANT SAFEGUARDS (cont.)

- To reduce the risk of burns or other injuries, do not touch hot surfaces. Use of protective oven mitts or gloves as well as long-handled utensils is recommended. Use the Rotisserie Remover when removing Rotisserie Bar Assembly from inside the Rotisserie.
- To reduce the risk of injury to persons or property, unplug this appliance before inserting food. Always keep the appliance unplugged from the wall outlet when not in use.
- Do not attempt to dislodge food or clean the Rotisserie while it is plugged in or while it is still hot.
- Do not attempt to use this appliance without the door in place.

Polarized Plug

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electrical shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

Short Cord Instructions

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

Do not use an extension cord with this product.

Electric Power

If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

Plasticizers Warning

CAUTION: To prevent Plasticizers from migrating from the finish of the countertop or tabletop or other furniture, place **NON-PLASTIC** coasters or placemats between the appliance and the finish of the countertop or tabletop.

Failure to do so may cause the finish to darken, permanent blemishes may occur or stains can appear.

Getting To Know Your Convection Oven-Broiler

A convection oven circulates heated air continuously throughout the oven cavity to maintain uniform temperature around the food. This constant, gentle air flow is what seals in juices, promotes browning and may shorten cooking time without turning and basting. Your Toastmaster® convection oven can DEFROST, BAKE, ROAST, BROIL, ROTISSERIE, DEHYDRATE and SLOW COOK.

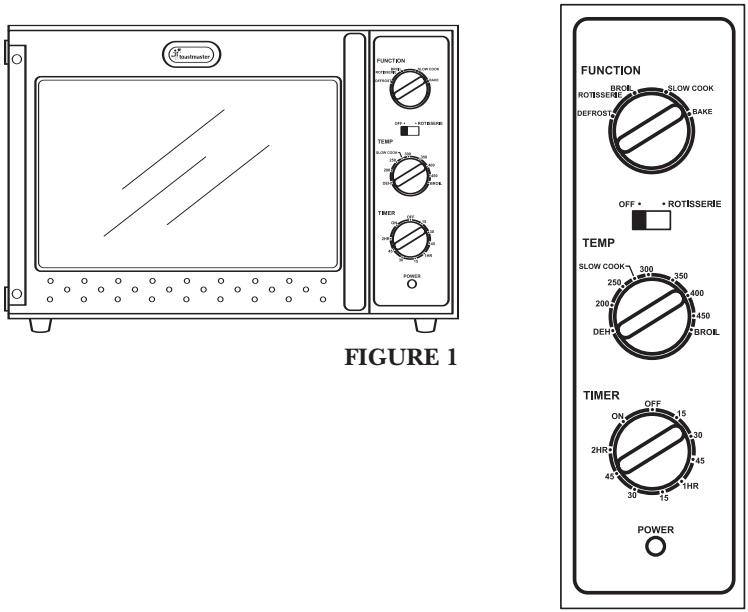


FIGURE 1

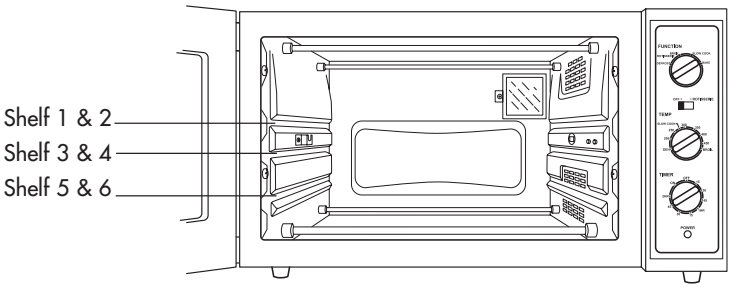


FIGURE 2

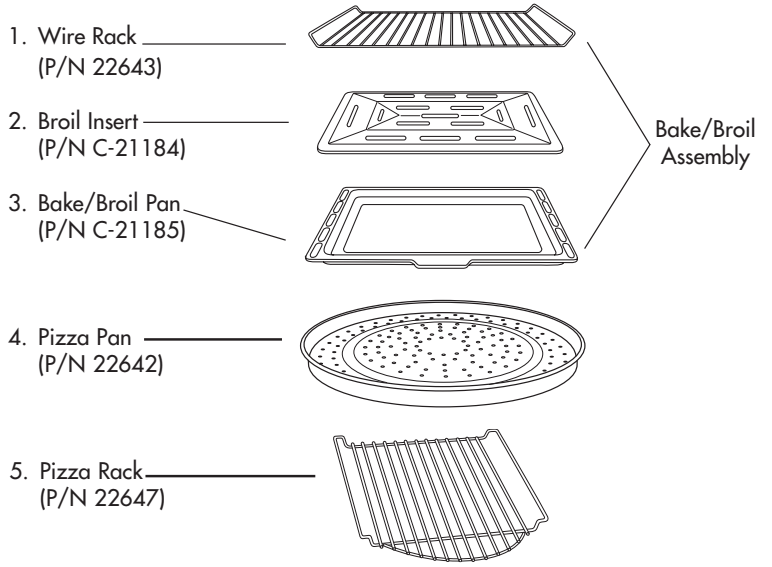


FIGURE 3

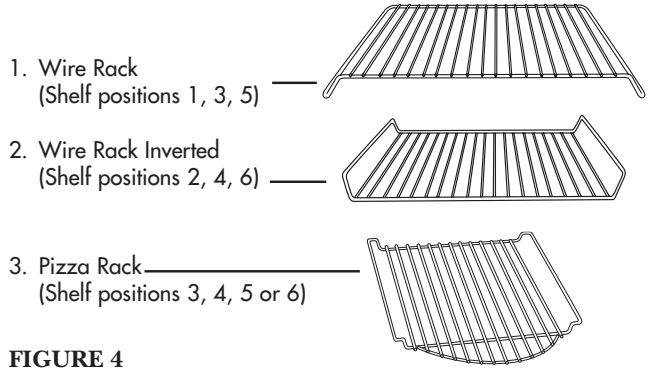


FIGURE 4

Selector Dial

The oven has four different settings: DEFROST, BROIL, SLOW COOK AND BAKE. Turn dial to indicator line above dial to select setting. The convection fan is ON in all modes.

Temperature Control Dial

Your oven has an adjustable temperature control dial with temperatures 200°-450° Fahrenheit. This allows you to prepare recipes according to package or recipe directions.

Timer

The timer control dial also acts as the oven's ON and OFF switch. Turn the timer clockwise to select appropriate cooking time. The dial is marked with 1 or 2 hour (HR) in 15 minute segments. If cooking less than 1 hour, turn the timer past 1 hour, then back to desired cooking time. When cooking time is complete, a signal will sound and the unit will turn OFF automatically.

On

If you are cooking for less than 15 minutes or do not wish to use the timer feature, turn the dial to ON to turn oven on. Return to OFF position when cooking is complete. The indicator light will go OFF.

Power Light

The Power Light will remain ON anytime the oven timer is turned ON.

Heating Elements

On the SLOW COOK setting, constant low wattage heat is provided by the top and bottom elements. On the BAKE setting, the top and bottom elements will turn OFF and ON as the thermostat cycles to control the cooking temperature. On the BROIL and ROTISSERIE settings, only the upper elements cycle ON and OFF. The indicator light will cycle ON and OFF with the thermostat.

NOTE: Some elements will appear black during certain heating functions. This is normal.

Interior Oven Light

The light will be ON anytime the unit is in operation. To replace oven light see page 20.

Rack Positions

The Wire Rack can be inserted into positions 1, 2, 3, 4, 5 or 6 (See Figure 4 for shelf positions). Baking on both the Wire Rack and Bake/Broil Pan at the same time is not recommended except when using the SLOW COOK setting.

Pizza Rack and Pizza Pan Positions

The Pizza Rack can be inserted into positions 3, 4, 5 or 6 (See figure 4 for shelf positions). Baking on both the Pizza Rack and Bake/Broil Pan at the same time is not recommended.

Defrost

1. Insert the Wire Rack into the Lower Shelf Rail.
2. Plug into 120 V 60 Hz outlet.
3. Remove all protective wrappings from food before placing in Oven-Broiler.
4. Center a baking container or food on the Wire Rack or use the Bake/Broil Pan and close the Glass Door.
5. Turn the Function Control to Defrost.
6. Set the Temperature Control to 200°F.
7. Turn the Timer to the desired time or to the ON position. The Power Light will illuminate.

   NOTE: To set the Timer Control for less than 1 hour, turn the timer past 1 hour, and then turn back to the appropriate amount of time.

   CAUTION: As soon as the Timer Control is engaged, the Oven-Broiler will turn ON. Both the top and the bottom Heating Elements may cycle ON and OFF to maintain temperature for the entire cooking time.

   CAUTION: As soon as the Timer Control is engaged both Heating Elements will become hot immediately. Use care not to place anything on top of the Oven-Broiler. Do not touch the Oven-Broiler or any part of the Oven-Broiler without wearing oven mitts.

Defrost (Cont.)

8. If the timer has been set, when the Defrost time is complete, a signal will sound, and the timer will finish in the OFF position. NOTE: If you are ready to remove the food from the Oven-Broiler before the timer shuts the Oven-Broiler OFF, you may shut the Oven-Broiler OFF manually by turning the timer to the OFF position. The Power Light will go off. If the ON position has been selected, the Oven-Broiler must be shut off manually by turning the Timer Control to the OFF position. The Power Light will go off.
9. Open the Glass Door. Wear protective oven mitts to remove food from Oven-Broiler. Be careful when removing food. The inside of the Oven-Broiler is very hot. Close the Glass Door.
10. Unplug and allow to cool completely before cleaning.

    WARNING: DO NOT LEAVE OVEN-BROILER UNATTENDED. See User Maintenance Instructions. Unplug when not in use.

Hints For Defrost

- Do not use this method for defrosting meat, poultry or fish.
- Do not cover food.
- Brush frozen dough with vegetable oil to prevent drying out and remove to preheat Toaster Oven-Broiler before baking.

Bake

1. Place Bake/Broil Pan or Wire Rack into correct position.
2. Plug into 120V ~ 60Hz outlet.
3. Position selector dial to BAKE. Turn temperature control dial to temperature setting. Set timer to ON or desired baking time. Oven will shut OFF automatically if timer is set. Preheat if necessary.
4. Carefully center baking dish directly on Bake/Broil Pan or Wire Rack and close door. You may place foods such as biscuits directly onto Bake/Broil Pan.

Bake (Cont.)

5. Convection baking will cook some foods faster. Check 5-10 minutes before the end of the suggested bake time. Continue baking if necessary.
6. When finished, turn temperature control dial to lowest position. Make sure the timer is in the OFF position.
7. Unplug and allow to cool completely before cleaning.

Roast

1. Remove Bake/Broil Pan and Wire Rack.
2. Place Bake/Broil Pan and Broil Insert in position 5. The Bake/Broil Pan must be placed below the food to prevent grease from coming in contact with heating elements and to reduce clean-up.
3. Put seasoned meat, fat side up, in center of Wire Rack.
4. Plug into 120V ~ 60Hz outlet.
5. Position selector dial to BAKE. Turn temperature control dial to 325°-350°F (standard roasting temperature). It is not necessary to preheat your oven. Since some meats and poultry roast faster in a convection oven, a meat thermometer should always be used to gauge internal temperature. The thermometer should be inserted into thickest portion of roast away from bones or fatty areas. Check progress two-thirds into the cooking process to ensure meat does not over cook.
6. Set timer to MANUAL ON or desired roasting time. Oven will shut OFF automatically if timer is set.
7. When finished, turn temperature control dial to lowest position. Make sure the timer is in the OFF position.
8. Unplug and allow to cool completely before cleaning.

INTERNAL TEMPERATURE ROASTING CHART	
CUT	**INTERNAL TEMPERATURE**
Beef	145°F Rare 160°F Medium 170°F Well Done
Ham (fresh) Ham (precooked)	160°F 140°F Rare
Lamb	160°F Medium Well 170°F Well Done
Pork	160°F Medium 170°F Well Done
Turkey or Chicken, Whole	180°F
Turkey or Chicken, Breast	170°F

Hints For Roast

- A meat thermometer inserted into the center of the meat should always be used to ensure desired doneness.
- Roasting is recommended for large, tender cuts of meat and poultry. Seasoning prior to cooking adds to the flavor and the aroma during cooking.
- A layer of fat on the top of the roast promotes better browning and provides natural basting.
- When roasting meats with a high fat content, the Bake/Broil Pan may fill with grease before cooking is completed. Carefully remove the Bake/Broil Pan using oven mitts and empty. Replace for continued roasting.

Broil

1. Remove Bake/Broil Pan and Wire Rack.
2. Place the Broil Insert in the Bake/Broil Pan. Always use the Bake/Broil Pan and Broil Insert when broiling. Place food on Broil Insert and position the Bake/Broil Pan in shelf position 1. Juices and fat will drip into the pan and decrease spattering while broiling. Close the door.
3. Plug into 120V ~ 60Hz outlet.
4. Position selector dial to BROIL. Turn temperature control dial to BROIL.
5. Since broiling time is usually brief, the use of a timer is not recommended. Set timer to MANUAL ON.
6. Broil food until done, turning half way through cooking time. Carefully remove Bake/Broil Pan and Broil Insert from oven using oven mitts.
7. When finished, turn temperature control dial to lowest position. Make sure the timer is in the OFF position.
8. Unplug and allow to cool completely before cleaning.

Broil Recommendations

Broiling is used for tender cuts of meats or marinated meats, fish and some fruits and vegetables. Cooking time is determined by the desired donesness and the distance between the food and the heating element(s). The following chart is to be used as a guideline.

Broil Chart

Food	Total Cooking Time *
Beef Steaks (3/4-inch thick)	22-28 minutes
Ham Steak (1-inch thick)	25-30 minutes
Fish Fillet	8-12 minutes
Fish Steak (1-inch thick)	10-14 minutes
Ground Beef (3/4-inch thick)	25-30 minutes
Hot Dogs	10-20 minutes

*** Turn food halfway through cooking time. Broil times are approximate and may vary depending on meat**

NOTES: To speed up browning, brush lean cuts of meat, chicken and fish with oil, margarine or melted butter. Broiling times indicated are for fresh meat at refrigerator temperature.

Hints For Broil

- Do not place aluminum foil on top of Broil Insert. This traps grease and can cause a fire.
- Trim excess fat from meat and score edges to prevent curling and thaw frozen meats before broiling. This will reduce smoke during broiling.

Slow Cook

1. Remove Bake/Broil Pan from oven. Place Wire Rack in position 5 or 6. No preheat is necessary.
2. Cover baking container and place on Wire Rack in center of the oven.
3. Plug into 120V ~ 60Hz outlet.
4. Position selector dial to SLOW COOK. Turn temperature control dial to 250°F. The indicator light will remain on. Because of the low wattage being used, the heating elements will remain dark while maintaining the proper temperature.
5. Set timer to MANUAL ON.
6. Do not open the door during the first two hours of the slow cook period.
7. When finished, make sure the timer is in the OFF position.
8. Unplug and allow to cool completely before cleaning.

Hints For Slow Cook

Most slow cooker recipes may be used in Slow Cook by using the following guidelines.

- All baking dishes should be covered. Aluminum foil may be used if ends are tucked against edge of pan.
- Oven-proof glass and ceramic dishes are recommended.
- Aluminum foil pans and pans that will rust, such as cast iron or tin should not be used.

Hints For Slow Cook (cont.)

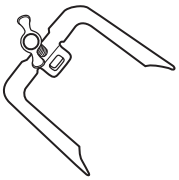
- Separate dishes can cook simultaneously, yet food retains its own flavor. Select foods that will take the same amount of time to cook.
- Milk, cream and sour cream may curdle. It is best to add them in the last hour of cooking. If a recipe specifies one of these ingredients as the only liquid in the cooking process, try substituting evaporated milk, water or condensed soup, such as cream of mushroom or chicken soup.
- Slow cook enhances the flavor of spices and salt. We recommend you reduce seasoning in your own recipes.
- Pre-cooked spaghetti and pasta products should be added in the last hour of slow cooking.

Rotisserie Function

Using the Rotisserie to cook meats and poultry allows them to self-baste in their own juices. This seals in flavor while any excess fat drips off of the food. The food being cooked on the Rotisserie must be no wider than 12 inches and should weigh no more than 10 pounds. This allows the entire piece of food to be over the Heating Elements. The food should be placed onto the Rotisserie Bar with the Prongs securely in place, see below. The Rotisserie may be used with the BROIL Functions. Check your food prior to the time it should be done and continue cooking as necessary.

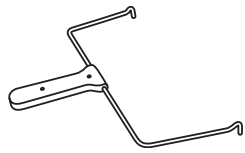
Rotisserie

Meat Tines (P/ N 21434)
Use for whole turkeys, chickens, cornish hens, roast, etc. When using, be sure to place 1 at each end of the meat on the Rotisserie Bar.

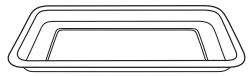


Rotisserie Bar (P/ N 22644)
Fits into the Oven. The heavy- duty Oven Motor turns the bar so the food cooks evenly and conveniently.

Rotisserie (cont.)



Rotisserie Bar Handles (P/ N 22645)
Use to remove the Rotisserie Bar from the Oven.



Drip Pan (P/ N 22646)
Use to catch drippings from meat during Rotisserie cooking process.

FIGURE 5

1. Place Drip Pan into bottom of oven between the two heating elements.
2. Carefully center the food on Rotisserie Bar using the Meat Tines to secure the food in place. (See Figure 8) If the food is not centered it will cause a jerking motion during cooking. This results in undue stress on the Motor.
3. Place the round pointed end of Rotisserie Bar into opening on the right side Oven Wall. Place the opposite end of the Rotisserie Bar into the Bracket on the left side Oven Wall. (See Figures 6 and 7)
4. Plug into outlet.
5. Position selector dial to ROTISSERIE/ BROIL
6. Turn temperature control dial to temperature setting.

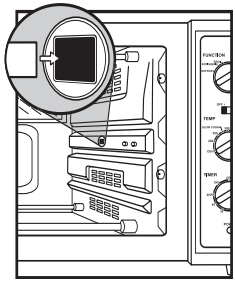


FIGURE 6

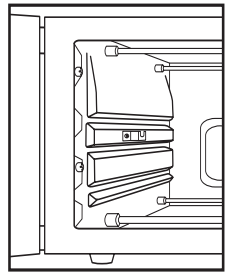


FIGURE 7

NOTE: Since meats and poultry roast faster in a convection oven, a meat thermometer should always be used to gauge internal temperature. The thermometer should be inserted into the thickest portion of roast away from bones or fatty areas. Check progress two-thirds into the cooking process to ensure meat does not over cook.

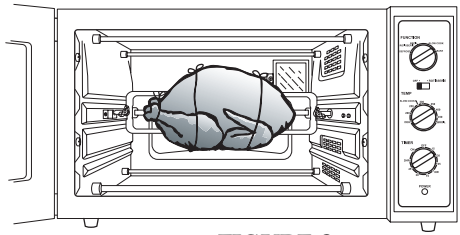


FIGURE 8

Rotisserie (cont.)

7. Set timer to MANUAL ON or desired baking time (Refer to TIME AND TEMPERATURE CHART for cooking times). Oven will shut OFF automatically if timer is set.
8. When finished, using the Rotisserie Bar Handles, carefully remove food from the oven.
9. Allow food to cool 15-20 minutes before removing food from Rotisserie Bar and carving.
   CAUTION: DO NOT CARVE MEAT WHILE IT IS IN THE OVEN OR ON THE ROTISSERIE BAR.
10. Turn Temperature control dial to lowest position. Make sure the timer is in the OFF position. Allow the Oven and the Drip Tray with juices to cool completely before removing the Drip Tray for emptying for cleaning.

Time And Temperature Chart

	CUT OF MEAT	APPROXIMATE WEIGHT (LBS)	OVEN TEMPERATURE	INTERNAL TEMPERATURE	APPROXIMATE ROTISSERIE TIME
BEEF	Rib Eye Roast	6-10	350° F	145° F (med-rare) 160° F (med)	2 hours 30 minutes 3 hours
	Eye of Round Roast	4-6	400° F	145° F (med-rare) 160° F (med)	1 hour 1 hour 15 minutes
PORK	Center Loin (boneless)	4-6	325° F	160° F	1 hour
	Center Loin (boneless, 2 tied together)	6-10	325° F	160° F	2 hours 15 minutes
	Pork Shoulder Boston Butt Roast (boneless)	3-5	325° F	160° F	2 hours 30 minutes
POULTRY	Turkey	8-10	325° F	180° F	2 hours 15 minutes
	Chicken	4-6	375° F	180° F	1 hour 15 minutes
	Duck	5-8	350° F	180° F	2 hours
LAMB	Leg (semi-boneless)	4-7	325° F	160° F (med) 170° F (well)	2 hours 15 minutes 2 hours 30 minutes

Hints For Rotisserie

- A meat thermometer inserted into the thickest part of the meat or poultry should always be used to ensure desired doneness. Please refer to USDA recommended temperatures.
- Rotisserie cooking is recommended for large, tender cuts of meat and poultry.
- Seasoning prior to cooking adds to the flavor and the aroma during cooking.
- Do not spray any type of aerosol spray flavoring inside the Oven Cavity while cooking.
- Always center food on the Rotisserie Bar before cooking.
- To avoid burning the exterior of your food, do not baste food with barbeque sauce until the last 20- 30 minutes of cooking.
- Once the food is placed inside the Oven Cavity, watch the food while the Rotisserie rotates at least 1 complete turn to ensure proper clearance of the Heating Elements and Drip Pan.
- When the Door is opened during operation, the Rotisserie Bar may reverse directions.

USDA Recommended Temperatures

The United States Department of Agriculture recommends that meat and poultry be cooked to the following internal temperatures to be sure any harmful bacteria has been killed. Ground turkey and chicken should be cooked to an internal temperature of 165° F and ground beef, veal, lamb and pork be cooked to an internal temperature of 160° F. Chicken and turkey should be cooked to an internal temperature of 170° F for white meat and 180° F for dark meat. Goose and duck should be cooked to an internal temperature of 180° F. Fresh beef, veal and lamb, etc. should be cooked to an internal temperature of at least 145° F. Fresh pork should be cooked to an internal temperature of at least 160° F. When re- heating meat and poultry products, they should also be cooked to an internal temperature of 165° F.

Pizza

1. Remove Bake/Broil Pan, Wire Rack and Pizza Rack from oven.
2. Position selector dial to BAKE. Turn temperature to suggested temperature listed on pizza box. Allow oven to preheat for 10 minutes.
3. Place pizza directly on Pizza Rack or in the Pizza Pan provided and then place on Pizza Rack. Close the glass door.
4. Set timer to recommended time.
5. When pizza is finished baking, using oven mitts, carefully remove Pizza Pan and/or Pizza Rack with pizza.
6. Turn temperature control dial to lowest position. Make sure the timer is in the OFF position.
7. Unplug and allow to cool completely before cleaning.

User Maintenance Instructions

This appliance requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Contact a qualified appliance repair technician if the product requires servicing.

Dehydrate

1. Plug into 120 V ~ 60 Hz outlet.
2. Position selector dial to Bake.
3. Turn temperature control dial to Deh.
4. Set timer to Manual On by turning counter-clockwise.
5. Leave door ajar approximately 1 inch.
6. When finished, leave temperature control dial on Deh. Make sure the timer is in the Off position.The indicator light will go off.
7. Unplug and allow to cool completely before cleaning.

Hints For Dehydrate

- Food dehydration is an inexpensive, nutritious and easy way to prepare convenience foods.
- Time required for the process will vary with thickness and type of food being dehydrated.
- Guides to preparing foods for drying are included with your order of Toastmaster Dehydration Racks (P/N 22684DEH) or may be found in various cook books.

Care And Cleaning

To assure optimum safety, keep unit clean, free of grease and food buildup.

CAUTION: Unplug appliance and allow to cool completely before cleaning. Never place unit, electric cord or plug in water or other liquids.

CAUTION: Do not clean oven with metal scouring pads. Pieces can break off and touch electrical parts, creating a risk of electric shock.

Clean-Up Of Bake/Broil Pan, Broil Insert, Wire Rack, Pizza Rack, Pizza Pan, Rotisserie Bar And Meat Tines.

1. Always unplug and allow to cool completely before cleaning or moving.
2. Remove Bake/Broil Pan, Broil Insert, Wire Rack, Pizza Rack, Pizza Pan, Drip Pan, Rotisserie Bar and Meat Tines.
3. Clean with a mild or non-abrasive cleaner and a plastic scouring pad.
4. Rinse and dry thoroughly.

Clean-Up Of Non-Stick Walls And Interior

1. Always unplug and allow to cool completely before cleaning or moving.
2. Remove Bake/Broil Pan, Broil Insert, Wire Rack, Pizza Rack, Pizza Pan, Drip Pan, Rotisserie Bar and Meat Tines.
3. Clean interior after each use to avoid buildup.
4. Clean with a mild or non-abrasive cleaner and a plastic scouring pad. Do not rub too hard as surface can be scratched.
5. Rinse and dry thoroughly before closing door.

Clean-Up Of Oven Door And Exterior

The door can be removed for easier cleaning. To remove it, open fully and lift, clearing the hinge pins. To replace, slide the door over the hinge pins, being sure to gently push door all the way down on pins to avoid glass breakage.

1. Always unplug and allow to cool completely before cleaning or moving.
2. Clean with glass cleaner or mild detergent and damp cloth or plastic scouring pad. Do not use an abrasive cleaner or pad as they might mar the finish. The door may be placed in the dishwasher for easy clean-up.
3. Rinse and dry thoroughly with a clean cloth. Allow to dry before closing door.

To Remove Oven Door and Replace Oven Light

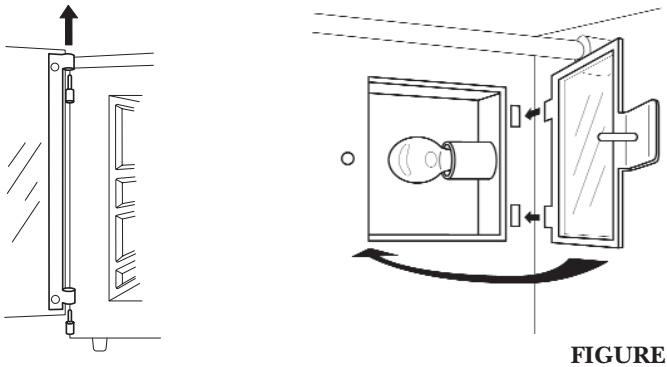


FIGURE 9

1. Unplug unit and allow oven to cool completely.

2. To remove the Oven Door, open and lift upwards and off of the door pins. (See figure 9).

3. Remove screw from oven light bracket, holding onto bracket to prevent glass from falling.

4. Remove bracket and glass.

5. Remove bulb by turning counter-clockwise.

6. Replace with new bulb, turning clockwise.

7. Replace glass and bracket, being sure the two tabs on the bracket are in the slots provided for them on the oven wall.

8. Replace bracket screw.

NOTE: Use only a 656 or equivalent 6-watt, 120 volt bulb.
Do not operate the oven without the oven lamp glass in place.

Recipes
Broil

BROILED SHRIMP SKEWERS

24 large shrimp, peeled and de-veined
4 tablespoons olive oil
3 tablespoons chopped fresh parsley
3 medium garlic cloves, minced
salt and freshly ground black pepper

lemon wedges to serve

Rinse the shrimp in cold water and pat dry with paper towels. In a bowl, combine the olive oil, parsley, garlic, salt and pepper to season. Toss the shrimp in the mixture to coat thoroughly. Cover and marinate for 1 hour in the refrigerator. Place the shrimp on the Broil Pan Insert and Bake/Broil Pan. Broil for 3-5 minutes on each side or until the shrimp become pink. Serve with lemon wedges.
Yield 4 Servings

Bake

HERB CRUSTED CHICKEN BREASTS

4 chicken breast halves, boneless-skinless
3 tablespoons butter, melted
1 cup fresh bread crumbs
1/4 cup freshly grated Parmesan cheese
2 tablespoons chopped fresh parsley
2 medium garlic cloves, minced
1/4 teaspoon Italian seasoning
salt and pepper

Preheat Convection Oven-Broiler on Bake to 350˚ F. Grease a 7 x 11-inch baking pan. Brush both sides of the chicken breasts with melted butter. Season with salt and pepper. In a small mixing bowl, combine the bread crumbs, Parmesan cheese, parsley, garlic and Italian seasoning until well blended. Coat each chicken breast thoroughly in the bread crumb mixture. Arrange in baking pan. Bake for 35-45 minutes or until the juices run clear, and the chicken is at least 170 ˚ F with the crust browned to a light golden brown.
Yield 4 Servings

CRAB AND SHRIMP MEDLEY

2	cup bay or salad shrimp
2	cup flaked crab meat
1	cup chopped red pepper
1	cup chopped celery
2/3	cup chopped green onions & tops
1	cup mayonnaise
1	cup sour cream
3/4	cup Parmesan cheese, freshly grated
1 1/2	cup fresh bread crumbs
1/4	cup Worcestershire sauce
1	tablespoon white pepper
1/4	teaspoon Cayenne pepper
1	teaspoon salt

Preheat Convection Oven-Broiler on Bake to 400˚ F. Combine all ingredients except 1/3 cup of bread crumbs and 1/4 cup of the Parmesan cheese. Mix well. Place crab and shrimp mixture in a 9x13-inch baking dish. Mix together the remaining bread crumbs and Parmesan cheese and sprinkle evenly over the seafood mixture. Bake for 45-50 minutes or until the mixture is bubbling along the sides and the top is golden brown. Serve on crackers or as a dip.
Yield 15 Servings

CARAMEL CHOCOLATE CHUNK CHEESECAKE

Crust

1/4	cup butter, melted
3/4	cup quick rolled oats
3/4	cup walnuts, chopped
3/4	cup brown sugar
1/2	teaspoon cinnamon

Preheat Convection Oven Broiler on Bake to 350˚ F. Using a mixer combine crust ingredients on medium low speed for 2 to 3 minute. Press into a 9-inch greased cheesecake pan. Bake crust 18-20 minutes as directed. While crust is baking, prepare filling.

Filling

24 oz.	cream cheese softened
1/2	cup brown sugar
2	tablespoons cornstarch
1/2	cup dark corn syrup
1 1/2	teaspoons vanilla extract
3	large eggs, room temperature
1	egg yolk, room temperature

Topping
1 cup milk chocolate chips

Using a mixer combine cream cheese, brown sugar, cornstarch, corn syrup and vanilla extract on high speed for 2 to 3 minutes. Add eggs and yolk one at a time beating after each addition on medium high speed. Pour into the baked crust. Bake at 350˚ F for 15 minutes, then reduce to 200˚ F and bake for an additional hour.
Remove the cheesecake from the oven and sprinkle the chocolate chips over the top. Return to the oven and bake for 5 minutes. Chill overnight. Store in refrigerator.

Yield 12 Servings

Pizza

BASIC PIZZA DOUGH

1/2 cup water
1 1/4 teaspoon active dry yeast
1 1/2 cups (divided) bread flour
1/2 teaspoon salt
1 tablespoon olive oil

Combine the warm water and yeast together in a large bowl. Add 3/4 cups of the flour mixture and mix together. Add salt, olive oil, and the rest of the flour. Mix with your hands until there is a dough consistency. Move the dough to a lightly floured surface and knead for 5-10 minutes until the dough is smooth and elastic to the touch. Place the dough in a lightly oiled bowl and cover with plastic wrap or kitchen towel for one hour or until double in size. Punch down the dough and let it rest for 15 minutes. Using your fingertips, press into the Pizza Pan provided with your Convection Oven-Broiler.

ITALIAN PIZZA DOUGH
1/2 cup water
3/4 teaspoon active dry yeast
1 1/2 cups (divided) bread flour
1/2 teaspoon salt
3 teaspoons olive oil
1 teaspoon sugar
1/2 teaspoon Italian seasoning

Combine the warm water and yeast together in a large bowl. Add 3/4 cups of the flour mixture and mix together. Add salt, olive oil, sugar, Italian seasoning and the rest of the flour. Mix with your hands until there is a dough consistency. Move the dough to a lightly floured surface and knead for 5-10 minutes until the dough is smooth and elastic to the touch. Place the dough in a lightly oiled bowl and cover with plastic wrap or kitchen towel for one hour or until double in size. Punch down the dough and let it rest for 15 minutes. Using your fingertips, press dough into the Pizza Pan provided with your Convection Oven-Broiler.

PIZZA SAUCE

1 1/2	tablespoons olive oil
1/2	cup onion, chopped
4	ounce can tomato sauce
1	cup diced tomatoes
1/4	teaspoon oregano
1/4	teaspoon basil
1/8	teaspoon garlic powder
1/4	teaspoon salt
1/2	teaspoon ground pepper

Heat oil over medium heat and saute onions until transparent. Stir in remaining ingredients. Cover and simmer for 30 minutes, stirring occasionally. Spread sauce over pizza dough. Top with desired pizza ingredients and bake according to instructions.
Yield one 12-inch pizza

VEGETARIAN PIZZA
Pizza dough and sauce for one 12-inch pizza

1/2	small zucchini, thinly sliced
1/2	medium onion thinly sliced
1	medium garlic clove, chopped
1/2	medium green pepper, chopped
1/2	medium red pepper, sliced
1/2	cup mushrooms, sliced
1/4	cup green olives, sliced
3/4	cup Mozzarella cheese, grated

Preheat Oven to 425° F. Sprinkle toppings over sauce and bake for 15-20 minutes or until cheese is melted and toppings are warm.

BACON CHEESEBURGER PIZZA
Pizza dough and sauce for one 12-inch pizza

3/4	pound hamburger, cooked
1/2	small onion, chopped
1	medium garlic clove, chopped
3/4	pound bacon, cooked and crumbled
1	cup Mozzarella cheese, grated

Preheat Oven to 425˚ F. Sprinkle toppings over sauce and bake for 15-20 minutes or until cheese is melted and toppings are warm.

Rotisserie

BEEF ROAST

1	6-8 pound boneless beef roast

Marinade

3/4	cup vegetable oil
3/4	cup lemon juice
8-10	cracked black peppercorn
6-8	whole cloves garlic
1	sliced red onion
1	tablespoon dry rosemary

Mix ingredients together and pour over desired meat portion. Allow to marinate overnight in the refrigerator, turning from time to time. Select Rotisserie/Broil and set temperature to 400˚ F. Turn Rotisserie switch to ON position Rotisserie. Place meat on Rotisserie Bar Assembly and insert into Oven for 2 1/2 hours or until the beef is at least 145˚ F.

HONEY PINEAPPLE PORK ROAST

1 3-4 pound boneless pork roast

Marinade

1/4 cup tamari or light soy sauce
1/4 cup white vinegar
1/4 cup extra virgin olive oil
1/4 cup fresh or canned (packed in juice) crushed pineapple
2 tablespoons honey
2 tablespoons finely chopped ginger
2 cloves finely chopped garlic

Place a 3-4 lb. boneless, trimmed and tied pork roast in marinade for 4 hours in the refrigerator. Place on Rotisserie Bar and insert into oven. Select Rotisserie/Broil and set temperature to 325˚ F. Rotisserie for 1- 1 1/2 hours or until the pork is at least 160 ˚ F.
Yields 10-12 Servings.

DELI ROTISSERIE CHICKEN

1 5 pound whole roasting chicken
1 teaspoon salt
2 teaspoons paprika
1 teaspoon chili powder
1 teaspoon garlic powder
2 teaspoon pepper
1 teaspoon onion powder
1 teaspoon dried thyme

Remove the giblets from the chicken and discard. Wash the cavity well and dry with paper towels. Tie the chicken wings and legs with cooking string. Combine all the spices in a small bowl and mix well. Rub thoroughly into the skin of the chicken, pressing gently. Cover the chicken and refrigerate overnight. Prepare Rotisserie Bar Assembly. Place on Rotisserie Bar and insert into oven. Select Rotisserie/Broil and set temperature to 375˚ F. Turn Rotisserie switch to ON position. Rotisserie for 1-1 1/2 hours or until the thigh is at least 180˚ F.
Yields 4 Servings.

Slow Cook

SPAGHETTI SAUCE WITH MEATBALLS

Sauce

1	small onion chopped
3	cloves garlic, chopped
1	tablespoon oil
30 oz.	italian style stewed tomatoes
30 oz.	italian style tomato sauce
1/2	cup basil leaves
1/2	tablespoon oregano
1	teaspoon thyme
1/4	cup sugar
1/4	teaspoon crushed red pepper
1	bay leaf
	salt and pepper
1/2	mushroom, sliced

Meatballs

1	small onion, chopped
1	clove garlic, chopped
1 lb.	Italian sausage
1	egg
	salt and pepper
1/2	cup bread crumbs
1 oz.	Parmesan or Romano cheese, grated

Coating

1/3	cup flour
1/3	cup oil

Heat oil in a skillet over medium heat. Add onion and garlic; cook until tender. Add the remaining sauce ingredients. Remove from heat and pour into a 3 quart ceramic casserole dish. Thoroughly combine meatball ingredients and form into 1 inch balls. Roll meatballs in flour. Heat oil in large skillet over medium heat and brown meatballs. Add the meatballs to the sauce. Place on wire shelf in center of Oven. Turn to the Slow Cook function and bake for 8 -10 hours or until meatballs are at least 160˚ F. Serve over cooked spaghetti or homemade pasta.
Yield 6-8 Servings

CHILI

1	pound lean ground beef
1	medium onion, chopped
1	15 ounce can Hunt's Ready Tomato Sauce®-Special Chunky Style
1	15 ounce can Tomatoes, garlic style
1	15 ounce can chili beans
1	tablespoon chili powder
2	tablespoons dill pickle juice

Saute ground beef and onion; drain. Combine with other ingredients in a ceramic 3 quart casserole dish. Place on wire shelf in center of oven. Turn to the Slow Cook function and bake for 6-8 hours.

CHICKEN & RICE

3	tablespoons olive oil
1	pound chicken breast tenders
1	cup water
2-10 oz.	cans reduced fat cream of chicken soup
1/2	teaspoon pepper
1/2	tablespoon dried parsley
1	cup Uncle Ben's™ brown rice

Heat olive oil in a skillet over medium high heat. Add chicken breast and brown for 5 minutes on each side. In a 3 quart ceramic casserole dish, combine water and cream of chicken soup and stir until smooth. Stir remaining ingredients and then add chicken tenders to chicken soup mixture. Place on wire shelf in center of oven. Turn to the Slow Cook function and bake for 6-8 hours or until chicken is at least 170˚ F and rice is done.

SWISS STEAK

4-4 oz.	tenderized round steaks pieces
1/3	cup all purpose flour
1/2	teaspoon salt
1/2	teaspoon pepper
3	tablespoons oil
1	small onion, sliced and divided into rings
1	green pepper, sliced into rings
2-15 oz.	cans stewing tomatoes

Heat oil in a skillet over medium high heat. Coat the round steak pieces with flour, salt and pepper. Add to skillet and brown for 5 minutes on each side. Remove from skillet and place in a ceramic 3 quart casserole dish. Add green pepper rings, onion rings and stewing tomatoes on top of browned steaks. Place on wire shelf in center of oven. Turn oven to Slow Cook and bake for 6-8 hours or until steak is tender and at least 145 F.

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